

# Vietnamese Chicken And Lemongrass Curry

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/pak-choi-recipe-indian-style>

## Ingredients:

- 1 onion large, peeled and finely sliced
- 1 tablespoon ground turmeric
- 2 tablespoons mild curry powder
- 5 3/4 cups squash crown prince, peeled, deseeded and cut into walnut-sized cubes
- 1 11/16 cups coconut cream
- 1 tablespoon palm sugar
- salt
- 1 1/3 pounds chicken thigh fillets cut into large chunks
- 7/8 pound pak choi washed and roughly chopped
- roasted peanuts chopped, to serve
- steamed rice to serve
- 3 chillies bird's eye, depending on how much you like heat
- 1 handful coriander roots and stalks, washed, reserve the leaves for serving
- 6 garlic cloves peeled
- 2 lemongrass stalks outer layer peeled away and stalks roughly chopped
- 1 knob galangal fresh, peeled, or 1 tbsp galangal paste
- 1 1/2 tablespoons tamarind paste homemade or bought
- 4 tablespoons rapeseed oil

## Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 85 milligrams
4. Fat: 48 grams
5. Fiber: 6 grams
6. Protein: 24 grams
7. SaturatedFat: 26 grams

8. Sodium: 260 milligrams

9. Sugar: 6 grams

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